



**Two  
Three  
Savings**  
Changes  
women's life.  
Page 8

# SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



**A labour  
of love**  
Campers  
pondering about  
outfitting patients.  
Page 6

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PHOTO BY CONTACT NEWS

Aboriginal Services manager Myosgon Henry, Conestoga student, Stephanie Teichert and Media editor Jan Sherman speak to a group of first-year students about the Idle No More Movement on Jan. 18.

## GM makes big bucks

BY JESSICA REYNOLDS

The name *Joan Rowland* may not ring any bells with Conestoga College students, but a recent *Windsor Star* News Record story that published her annual salary raised questions about who she is and what she does.

Rowland is the general manager of Conestoga Students Inc., and according to the *Record* article she makes \$90,000 annually.

Her earnings were publicized, along with those of several other student government officials, in an editorial from *Windsor Star*, after controversy erupted at McMaster University in Hamilton over the disclosure of student fees by their part-time students' association whose executive director was paid \$120,151 in 2011, according to the *Hamilton Spectator*.

Though The *Record* cited Rowland's reported staff as being 18 full-time employees, her staff also includes more than 40 part-time employees.

While it's not \$120,000, Rowland's package is a noticable amount — one that Gary Byrne, the president of CSE, says is completely justified given Rowland's responsibilities.

"When the editor to the board she manages the whole operation, she deals with the trustees, and she sits on every college committee there is," and Byrne, explaining that everything CSE does, Rowland's name is attached to — including every risk.

"God forbid a student drops home drunk and dies or gets hurt. She can be sued and only through the company has personally become her name's on the paper house."

## Idle No More sparks conversation

BY JESSICA REYNOLDS

Idle No More

It's a phrase that's been popping up in newspapers across water colors and on social networking sites such as Facebook and Twitter. For some Canadians still don't know what it's all about.

Myosgon Henry wants to change that.

Henry, manager of Aboriginal Services at Conestoga College, met with a group of first-year journalism students to talk about the growing Idle No More movement and shared some of the numerous misconceptions surrounding it.

"That's why Idle No More is here," said Henry. "To address some of these concerns with people because racism, and stereotypes and signs against a segment of the population starts to increase when you don't understand the reason."

"I think it's at that stage where people need to know what it's all about the issues at stake and how they affect everyone, not just aboriginal people."

Media editor Jan Sherman and Conestoga police from distance student Stephanie Teichert also shared their

experiences with the class.

The grassroots movement Idle No More is rapidly gaining indigenous and non-indigenous support across the country. For some Canadians are still wondering there looks a confusion what it's all about.

The movement began in late October, when four women in Saskatchewan began a conversation through email about Bill C-45, which had just been introduced in Ottawa. Spina Moshier, Nina Wilson, Shoshie Mahara and Jessica Gordon were concerned the bill would erode indigenous rights and put federally protected waterways at risk.

However, Idle No More is not simply a protest against Bill C-45. The movement wants to start a conversation across Canada about aboriginal issues in general.

They started organizing "teach-ins" in Saskatoon, Regina and Prince Albert to bring awareness to these issues.

To help spread the word they turned to Facebook and Twitter, using the slogan Idle No More as a rallying cry.

That conversation went viral as people around the world used social media to

express their solidarity with Idle No More.

The movement gained wider attention in late November and early December with what were called flash mob around dances at shopping malls. More events began popping up across Canada. The movement has now received support from people around the world.

**“I think it’s at that stage where people need to know what it is all about, the issues at stake and how they affect everyone, not just aboriginal people.”**  
— Myosgon Henry

Round-dance flash mobs performed in New York, Washington, D.C., and Chicago, to name just a few. American citizens video messages of support (which already have been uploaded to YouTube from around the globe including Brazil, New Zealand, Mexico and France).

Henry spoke about the chal-

lenges facing First Nations people and communities and the effects of Bill C-45 on indigenous people and the environment.

He also praised the young native people who are spearheading the Idle No More movement, using social media to get the message out to people across the country.

Young people such as Conestoga's Stephanie Teichert.

Teichert said it can be a bit of a struggle trying to grapple with all of the issues being raised.

"I was raised predominantly in a Christian family so I never really knew my native roots until I started learning when I was about 15 years old."

Teichert started going to the Aboriginal Services unit at the college where she and she's been learning many things about her culture and history. But it was Idle No More that pushed her to become more involved.

"It sparked something in me," she said. "I don't know what it is about or how it came about but it just made me very interested to learn more and more and more."

## Now deep thoughts ... with Conestoga College

Random questions answered by random students:  
If you could get paid in anything  
other than money, what would it be?



"Current equipment. That would be awesome."

**Erik Whitford,**  
second-year  
journalism student

"Land or property."

**Marcus Bello,**  
second-year  
accounting



"Free vacations."

**Lelysha Bello,**  
first-year  
general arts and sciences



"I like basketball, so ... basketball."

**George Imperatore,**  
second-year  
physics, sociology and  
investigative



"Self growth and gaining skills."

**Kristen Barabito,**  
first-year  
health sciences



"Food."

**Diane Drake,**  
first-year  
marketing



Bello (Conestoga, you could be our next respondent!)

## Health plan has you covered

### BY HILARIE KENNEDY

The sounds ofuffling fill the hallways at Conestoga College.

Grinding ask at the time of year isn't unusual, but with all the benefits that come with the Student Health Plan, you would think none of us would be sporting Eshelip's red nose.

Conestoga Students has office health coverage for Conestoga students into the age of 75 and who are on a full-time, full-paying program. Most students are eligible but like any insurance, there are restrictions. To find out more information on this you can visit the CSH Health and Wellness Centre on Dean campus, located at Room 1A100.

The benefits cover most of your medical needs including dental, prescriptions and vision care. Marcus Bello, health plan administrator, said finding information on what your CSH benefits and dental plans cover is simple.

"Students can easily find information on what their benefits cover by visiting [www.conestogacollege.ca/csh](http://www.conestogacollege.ca/csh) by doing a search by either Room 1A100 or by going to a healthcare and asking the very questions that they may have," Bello says.

The CSH health plan also covers supplemental health care such as massage therapy, physiotherapy and chiropractic. For students who like to take a more active approach to medicine, acupuncture is also covered.

If you're needing more information you can visit the Massage Therapy Clinic on campus for a hot stone massage. The CSH health plan covers massage therapy when it is referred to by a physician. When covered by the health plan a hot stone massage costs \$10 for a half hour or \$18 for an hour. Regular massage rates from \$18 to \$30 depending on length of time. Students who are not covered by the health plan or do not have a doctor's referral can still get a massage, but the cost increases to \$30 to \$50 for a regular massage and \$35 to \$50 for a hot stone massage. Booking an appointment is a very simple process by going to [www.conestogacollege.ca/csh](http://www.conestogacollege.ca/csh) and then clicking on services, massage therapy.

Another place on Conestoga you can visit for your health needs is Health Services, located in Room 1A100. They are open 9:30 a.m. to 4:00 p.m. Monday thru Friday and have an on-campus physician and a chiropractor. They also hold annual flu shots, among other things. To see the doctor who is your campus partner, you need to book an appointment by calling 519-748-2225, ext. 3635, or visit the Health Services office.

Marcus Bello of Health Services said you can learn about all the services they offer by visiting Conestoga's home page and clicking on Student Services and then Health Services. You can also follow them on Facebook at [www.facebook.com/conestogahs](http://www.facebook.com/conestogahs) or on Twitter at [twitter.com/conestogahs](http://twitter.com/conestogahs).



## ON-CAMPUS CHIROPRACTOR

Covered by CSH Health Plan

## HEALTH SERVICES

**748-5220 Ext. 3679**

**COMING SOON**

## 2016 CSH STUDENT SATISFACTION SURVEY

February 6th to Feb 21st

**Your student experience is important to us!**

**Help Conestoga identify our strengths and where we can improve.**

The survey is conducted by the Health Services of Conestoga College and is a part of Conestoga's commitment to the student experience. All students who have completed a first year orientation at Conestoga will be invited to complete the survey. Your feedback is very important to us and we will be participating in the survey from your representative group.

Conestoga is committed to the Health Services of Conestoga College and is a part of Conestoga's commitment to the student experience. All students who have completed a first year orientation at Conestoga will be invited to complete the survey. Your feedback is very important to us and we will be participating in the survey from your representative group.

CONESTOGA COLLEGE

CONESTOGA

## Salary the norm: Renwick

■ **RENNICK**

Renwick has held her current position for four years and her responsibilities include overseeing CSE's staffing and operations, making sure every service area runs smoothly, handling business negotiations and managing contracts that affect all campuses.

Renwick says her pay isn't to be compared to anyone else's.

"There's different dynamics. How long have they been in their position? I've been here for 14 years. I have a lot of experience under my belt," said Renwick, who graduated from the office administration executive program at the Bradford Pinnock College and filled various positions there over the years before joining the team at Conestoga.

### CONESTOGA STUDENTS INC.

an executive assistant to the Dean Student Association, CSE's predecessor, in 1989.

Renwick was recruited internally and landed his current position in 2009, with a starting salary of \$54,000.

That wage was deemed "solid," a website specifically designed to compare wages across all industries. At PayScale.com, users enter specific information about location, duties, skills, experience and years of service, and are presented with the spectrum of wages for similar positions.

According to PayScale, all CSE staff pay is in the 90th percentile, including Renwick's.

and this is comparable to the wages of other general managers at the region.

The Record published the findings of the student government manager at the University of Waterloo and Wilfrid Laurier University, whose earnings were both in the \$19,000 to \$100,000 range, a \$80,000 difference that Renwick says is standard across the board.

"We're all within that range. That's what we get paid."

While the pay is good, it isn't the only silver lining.

"It's going back to the students — that's the key thing. There are some people who can work in this area and there are some people who cannot."

"I personally have loved it and I've had the opportunity to grow and I'm very fortunate," Renwick said.

## 'It is time for things to change'

■ **PIPER PAGE**

She said many classmates who know that she is changing approach her and ask her questions about life. No more but she doesn't always have answers for them.

"It's not for me to know what other people are interested in about it or not but I need to learn and I need to be educated so that I can help educate people."

Anna Sharma, a Delta Elder, described life. No more as being about "personalities and personalities and coming together."

She and the board the consensus of support from our readers. Canadians at a recent rally in Guelph.

encouraging.

"We had between 75 and 100 people there," she said. "But I will tell you that probably 70 per cent of those people were not Aboriginal and they were there with big ideas about saying enough is enough."

"We have big things to change and we're standing shoulder to shoulder with you because we know it's not just about you. It's about all of us."

Aboriginal Services is planning a teachers event to show solidarity with the HKS No More movement on Wednesday, Jan. 30. Movement hopes to address the many questions that students and faculty have.



PHOTO BY ALLAN PIERSON

Conestoga College students Kevin Black and Tof Derby have been elected to Waterloo Region's tri-Pride board of directors. By using the skills they've gained at the college they hope to help tri-Pride grow in 2013. Chantelle LaDow, another Conestoga student, was also elected to the board.

## Three students join tri-Pride board

BY ALLAN PIERSON

Conestoga College has long been a place of higher learning, preparing young and old minds alike for their future endeavours. For three Conestoga students, that's proving pivotal in the tri-Pride board of directors.

Kevin Black, Tof Derby and Chantelle LaDow are about to undertake their first term on the board for Waterloo Region's annual LGBTQ+ festival, gay, bisexual, transgender and queer festival.

Called tri-Pride, it has been a LGBTQ+ celebration in the region since 1985 when a mere 80 people attended the first gathering at Kitchener's city hall. It's now the third largest pride celebration in Ontario,

with more than 1,000 people attending the festival in 2012, revealing Ontario's Capital Pride is next and large.

The working event, held every June in downtown Kitchener includes live entertainment, food and housing fair areas, outdoor cinema and the tri-Pride gay and lesbian.

As two of the 17 members Black, a second-year public relations student, and Derby, who is in her second year of art and design, are excited to be working with tri-Pride to plan and execute new events and keep old traditions such as Latin Dance, the GLOW Dance and Chantelle's dance.

Both Black's and Derby's programs find themselves in their new positions.

"I've started to put my skills to use," said Derby, who will more than likely be working with volunteers and youth. "There is such a variety in what people's strengths are and with those better resources we have better means to grow."

Black agrees. "It's exciting to be a large contributing factor in the growth of the event."

Black will use his PR skills in promotions, publications and coordinated endeavours within the community, a community that has been supportive and involved.

"Community, tolerance, acceptance, that's it. I think at the end of the day it's human love and love," Black said.

"When passion drives you, you can go a lot further."

## SNOW DAYS MAKE GREAT TURING DAYS



PHOTO BY JILL WOODWARD

Despite the high temperatures, people weren't enjoying water tubing fun at Shropshire Lake Park on Jan. 30. Costs range from \$20 to \$24. The park is located at 1800 River Rd. in Kitchener and is open seven days a week.

## spoke videos

On Spoke Online ([www.spokeonline.com](http://www.spokeonline.com)) this week:

- **Surv** People from Waterloo Region took part in a Polar Plunge in Upper Waterloo, Jan. 28
- **Students** who are looking for a community education offered by the University of Waterloo's Fair in Kitchener where they can go after graduating from Conestoga College
- **The new Canadian \$20 bill** features the face of a Newfoundlander, not a Canadian maple. Can people tell the difference?
- **Will the Jan. 28 launch of BlackBerry 10 save RIM or sink them further?**
- **Check out what the Kitchener team is doing to keep their school going strong through the winter season.**
- **As Conestoga College prepares for another year of learning, students have been wondering what to do about graduation. Find out what services the Co-op & Career Services department has to offer.**



# A hard day's fight

BY STAN GOODMAN

This writer stands up for poor people protesting the causes and consequences of homelessness near a Washington Square.

When KP used to walk the pedestrian streets of Montreal as a McGill University student, he would pass the pushcarts without acknowledging their weary form and outworned handle. "I used to avoid homeless people," says the 30-year-old, who graduated from McGill in 2007 with an MSc in psychology. "Not because I had anything against them, but because I always feared their one day it would be me."

A little more than five years later, it is

KP, who does not want his real name used, back has first up of alcohol as a homeless and has been struggling with substance abuse for some time. He was arrested on Jan. 6, 2011, the day he was released from Maryland Correctional Complex after serving a sentence for assault with a weapon.

Personal life on the brink of bankruptcy, he says his most serious sin as an addict was a "bad-fucking people."

"I always regreted in the back of my mind that if I didn't drink myself to death I would be lying on the streets at some point down the road," he says. "I just didn't think it would happen so soon."

And though it's always been half-expecting it, KP says life as a homeless man has been a difficult transition.

"It's definitely not what I would choose," he says, "but I'm rolling with it."

It's a life that has seen him sleep in parks and in stairwells and on occasion, in dumpsters.

"The dumpsters that people call them are great," he says. "When you're in them and they keep you dry. Newspapers are great for that too. You can put them under your clothes to stay warm."

But as the temperatures at night are beginning to drop, the shelter situation for the area's homeless population is looking up, but weak. Wisconsin Avenue Out of the Cold program started.

Hosted by a different church every night of the week, the program provides the homeless and working poor a hot meal and a warm place to spend the night.

"Without the sheltering, we'd be homeless," KP says. "There's just nowhere else to go. We'd have to die."

It is at the United Trinity Church program on downtown Rochester that I meet KP for the first time. He's dark-skinned and clean-shaven and wears a pair of thick-rimmed eyeglasses. Even though we're indoors, his hands are in layers of clothing. KP has been out a longer but with warmth.

We find a table at the guest corner of the church's sanctuary, which is filled from wall to wall with simple mattresses covered with multi-colored blankets. As KP speaks about his life on the streets, he pulls a Taylor bag from the pocket of his oversized parka. He cradles the blanket from several cigarette butts into the table and begins rolling a cigarette with his teeth, dirty fingertips.

"They were saying it was going to rain today, so I went to the bus depot early and locked up inside my suitcase a goodie," he says.

Without looking up from his lock at hand, he states my next question: Is there a chance to look it?

"I've had to learn to control my pride and embrace the notion of not caring what other people think of me," he says. "I've learned that I have no money to keep it. It's more important for me to pick up that last dime to survive than what other people think."

He puts the finished roll on the rolling paper and says it's time for a smoke.

KP stands against the cold brick wall of the church and lights his home-made smoke with a Union Light lighter. After a couple of long draws he says he's craving a drink.

"Today was a homeless day," he says with a sigh. "It was cold, it was rainy. Some days are worse than others, but today was just terrible. I've been thinking about how, for me, if I had more luck, I would drink it. But I don't drink it. I have 37 cents in my pocket."

A typical day for KP begins at 7 a.m., when the Out of the Cold staff wakes up the guests.

After breakfast, he's out the door and on his way out carrying a piece of the next day. It makes the long, boring days of KP's life a bit more bearable.

When he's not collecting cigarette butts, KP spends time wandering the streets or hanging out at one of the public houses, where he reads or watches the Internet. Mostly though, he's focused on survival.

"Right now my priorities are all about where I'm sleeping



PHOTO BY STAN GOODMAN

Many homeless people rely on "homeless dining" for food, especially on weekends and holidays, when services are cut.

insurance, where I'm getting my next meal. Is it gonna pay? How much more is there gonna be?"

He takes a final pull from his cigarette and throws it on the damp concrete between his footprints.

"Weekends are pretty bad," he says. "Places like the soup kitchen and government buildings are only open five days a week. And holidays are closed because all the services are out."

"When you're homeless, you can't take a day off."

■ ■ ■

"Now I have \$1.67," KP says. He looks up and says the credit card he's using for food and toiletries.

It's 9:00 p.m., and we're been wandering the streets of downtown Rochester for nearly an hour. KP has shown me the best places to go for "homeless dining," a term he uses for food, the ports-for-meals he's heard more than one night ended up on the floor and the dumpster where he slept off his 31st birthday celebration a week earlier.

"I used to take for granted the value of a penny," he says. "I would put everything on credit and even that I can't do that, I can't buy anything."

KP says there was a time not too long ago when he was making \$100,000 a year, five days a week. He's now making \$141.50 per month from Ontario Works. (That's less than \$200 a week, which he keeps parked at a friend's house and therefore too much to sell, all of his belongings fit within the ap-

proved confines of a red and black gym bag.)

They consist of two or three changes of clothes, a small can of shaving cream, a hair gel can, a toothbrush, a tube of deodorant, a green bar of soap, a hotel used bottle of shampoo, a pen and a notebook and two L'Oréal hair conditioners.

According to KP, there's a multitude of reasons why one can become homeless, but the primary reason one remains that way is the lack of affordable housing in the region.

"Unaffordable housing is the most complaint amongst the homeless population," he says. "What we get on OW and OHSF Ontario Disability Support Program is not nearly enough to get you on your feet."

While KP says drug addiction with a roommate is a possibility, security is a major concern and he hasn't met anyone he trusts enough to live with.

"Even at the churches, I have to sleep with all my clothes on and my stuff under my pillow because people would steal them."

While KP may be reluctant about who he lives with, he says he's not overly picky about his roommates. "Some people have an unrealistic view of what their housing should be. They're not willing to accept a bedroom house because they want a suite, they want to have when they had no income," he says. "But I'm willing to let that go and say all I want is a roof over my

head. So what if it looks like it's not quite satisfactory looking in better than living on the streets."

■ ■ ■

As we approach the guest service, KP stops to pick up the occasional penny and off through the door. He comes across a hand-out dinner at a Synagogue restaurant in the area, the food from last week's what left of the sheltering.

By the time we arrive at the Church Street Transit Terminal, he's back to searching for food. At one point he's down on his hands and knees and a security guard has a hard look. "I don't think he knows he's supposed to be sleeping up."

"Most people are afraid and ashamed of homelessness," he says. "People are afraid of what they don't know, and they'd rather not see it."

It's one what appears him most in the judgment.

"It bothers me because they haven't walked a mile in my shoes. They have no idea who I am or what I've been through."

"We're human, you know? But we're treated by some people like something much less."

KP finds a better-than-expected meal at a bar before heading home, crossing the street and continuing his search.

"I've shared a lot of values in the past few months, but I've mentioned my own values," he says. "I don't look down on anybody and I don't want others to look down on me."

That week, we drove through the area, looking for homeless and whether or not it's enough.

# Taking on the impossible

## Master class cosplayer is all about the challenge

BY MICHAEL BARNES

That is the thrust of a four-part series on geek girl culture in *Watkins Report*.

Beyond as a warrior or a wizard, my ril or an outcast, cosplayers have created a world of their own. For *Watkins*, very few are international master class cosplayer Alexandra Gershk, costumes are more than just a hobby, they're a labor of love.

"To us, it's the challenge of putting something together that really shouldn't work within our scope of gravity and physics," she said. "I like the challenge of taking something that is unattainable and turning it into real life, making it possible."

Queen of Queens of Queens, Gershk is known in *Watkins*. Gershk was featured in the world's largest cosplay event, *Comic-Con*.

After a formal ceremony, she had to check out their high school costume club, it would be hard to believe she found herself posing various scenes into a world of her own.

"I worked a few episodes and really liked it," she said. "My friend told me people actually dressed up as the stuff and I thought that sounded like fun."

When she was told there were actual conventions where fans of people dressed up, Gershk said that sounded even better.

**44 I want to imagine that same way that I felt the first time I completed. 19**  
— Alexandra Gershk

Cosplay is the blending of two worlds, costume and play. That is to say, it's the practice of portraying a fictional character, drawing inspiration from anime, movies, video games and everything in between. But that's not all cosplayers do. Like creating year-round Halloween, it's just not the same.

Despite the professional influence of Japanese anime culture, cosplayers involved in master class cosplay, many chose *Star Wars*. At *Star Wars*, an American comic book series, was the first to run up in the name of *Star Wars*. While attending the first World Science Fiction Convention in 1939, *Star Wars* opened the first



"Star Wars" is "going the way for future costume play, and everything else."

With cosplay attracting more and more attention over the years, the media has gone wild, sometimes helping to perpetuate stereotypes which are not always appreciated by professional cosplayers.

For a professional like Gershk, cosplay is more about the craftsmanship and hard work than who was the most talented. Professional cosplayers, starting from a young age, she was told in the dressing room of creating her own wedding dress.

After finding a hair dress for a movie *Star Wars* in *Watkins*, Gershk took over the costume and added everything from long curled sleeves to a corset and a head.

"I chopped it up and added a top portion to the dress with a neckline and sleeves to the style of *Star Wars*," she said. "I also added a corset to it because it's like it, everything looks better when it's in a corset."

Her most recent creation, a character named *Star Wars*, is a recreation from the video game *Star Wars*.

Follow cosplayer *Star Wars*, Gershk, who was told Gershk through a mutual friend, was always used to dressing up in various costumes, made by her mother, and taking home prizes for them at Halloween.

"We were always the kids who brought home the prize pumpkins," she said. "My mother was a great cosplayer and it got to a point where the teachers had even though we came to costume on child's costume anymore."

After her mother stopped making her costumes, Gershk was inspired to start creating on her own.

She said the creative Gershk's talent and has learned a lot from her over the years.

"It's fun to imagine things," she said. "There was a costume made of *Star Wars* from *Star Wars* *Star Wars* that was amazing and huge and spectacular. It was an



PHOTO BY MICHAEL BARNES

Cosplay shop owner Alexandra Gershk takes great pride in creating costumes that defy gravity and bring out the best of each character.

age parts of art."

For Gershk, cosplay isn't just about dressing up, but about telling a character's story and finding something that is relatable, even if it's not real life.

"When you're a woman, it's fun to play powerful women," she said. "When you get control over that you get the opportunity to portray things that are a lot more interesting."

Gershk explained that one of the reasons women may be so attracted to cosplay is the opportunity to try on a different persona.

"When you're in costume, you're someone else," she said. "You can try being a king, a queen, a princess, a character who is real life, you're an accountant working in an office."

Competing for the first time as a cosplayer, 10-year-old, Gershk was a cosplayer award for best cosplayer costume. Knowing a real life job was due for her time, she was a great cosplayer, but she said that she still loves that she takes her time to be a cosplayer in an international master.

Far from retired, Gershk has not competed the past few years, choosing instead to take on costumes designed to challenge herself and her skills. Hoping to help new and upcoming cosplayers, she makes time to speak at conventions and organize international tournaments.

"I want to inspire that same



Queen of Queens of Queens, located at 555 King St. E., in *Watkins*, offers well-tailored and unique costumes and accessories for events year-round.

now that I felt the first time I completed," she said. "I want to (and) knowledge, inspire upon those who want it."

Though cosplayers may have the view that it's not going to be perfect, it's about the attempt, Gershk said she believes that couldn't be further from the truth.

Whether it's making a suit of armor out of duct tape and cardboard, or trying to make something from scratch, Gershk wants cosplayers to know they shouldn't be afraid to try.

"Try things and screw up, that's what makes you," she said. "If you succeed, that's only taught you one lesson. When you fail you learn twice as much."

### UPCOMING CONVENTIONS

Think you know what it takes to try your hand at cosplay? *Watkins* is home to several conventions in 2013.

- **COMIC 2013**  
Feb. 22-24  
Delta Centre Hotel & Conference Centre, *Quebec*
- **Toronto Comic Con 2013**  
March 8-10  
Metro Toronto Convention Centre, *Toronto*
- **All Anime**  
March 15-17  
Metro Toronto Convention Centre, *Toronto*

# HISTORIC BEAUTY



Shown above is just a portion of *Ward Management: A History of Undergarments*, created by Jonathan Walford. It is on display at the Georgia Civil Museum until April 14.

As part of the *Ward Management* exhibit, there is a white corset on display made for an adolescent American girl from the 1820s-1840s.

## PHOTOS AND STORY BY STEPHANIE LEFEBVRE

It's a small exhibit, with about 50 pieces on display. But the objects being viewed are ones few were privy to see.

From bustles to corsets and girdles to garters, the *Ward Management: A History of Undergarments* exhibit at the Georgia Civil Museum, that opened Jan. 15, is one that sheds a little light on the lengths women went to for beauty.

Jonathan Walford, curator and co-founder of the Fashion History Museum, created the exhibit with pieces he had been collecting for the past two years.

"A lot of it was finding pieces that were missing in the collection," said Walford. "It's relatively easy to find a corset from 1890, but it's very difficult to find an older one because the style didn't change quickly enough. Women wore them until they wore out."

Still, he managed to find enough pieces in decent condition to logically put together an exhibit. And he found them everywhere.

"I've taken things out of houses that are being torn

down. I've bought things on eBay. I've bought things from Christie's and Sotheby's. I've moved things out of the garage. I've had gifts from kids' old ladies," Walford said. "I've found things everywhere I've looked."

And he's always had an interest in fashion and history. Both of Walford's parents were involved in the fashion industry and he worked in Canadian history and assisted in museum studies at Simon Fraser University in Vancouver.

So when the idea for an exhibit focusing on undergarments through history came to mind, he was with it.

"There's been a lot of interest in underwear," said Walford. "People like to look at underwear."

He also did a lot of the research and wrote up for each piece in the exhibit. The museum in question has a large collection of books and he pulled all 15 that focused on underwear. Walford also used the Internet to get a jump-start on his research.

"And, of course, there's always Wikipedia. It's a good place to start. You never search on Wikipedia but you start on Wikipedia."

From there, in order to put his exhibit on the Georgia Civil Museum, Walford had to talk

to its curator, Rev. Dietrich.

She looks after the collections and figures out the exhibit schedule and has been doing so since 1981. But she didn't design the layout. That was Walford.

"He knew how he wanted to highlight his collection," said Dietrich, including having the corsets and that figure right there in the door that attracts everybody's attention."

Dietrich did take a special interest in *Ward Management* though because she has always had an interest in costume.

"I think just showing the underwear, which is what's worn under the costume, is kind of a different twist to go," she said. "A lot of people don't realize that the silhouette change is because of the underwear."

Dietrich also said the exhibit showcases the undergarments in a way that is legitimate and respectable. And someone's shocked.

"Showing the rubber girdles. I didn't realize they were rubber," she said. "A lot of people don't realize that the one thing that surprised her the most 'Women wore those because they felt they had to.'"

She added it was gross comparing wearing them to the bra.

And though Georgia is not the typical spot for an

exhibit based on historical fashion, Dietrich said that since it opened, the number of people coming into the museum has almost doubled.

*Ward Management: A History of Undergarments* will run from the Georgia Civil Museum until April 14 from 1 to 5 p.m. Monday to Sunday.

Here on display is a white corset created from late 1820s's America. This is just one of the heavy items Jonathan Walford found in his search for historical women's undergarments.



# Tea studio brewing up new things

BY CALEIGH MCLELLAND

Natasha DeSilva never would have guessed that one newspaper article would change her life.

Then, after becoming pregnant, DeSilva decided to quit her career as a successful real estate manager. She had struggled to commute for 18 years, and didn't want the stress of work to affect her chances of carrying to full term.

While on maternity leave, DeSilva began volunteering at Region TV, where she was eventually hired. During the time she gave birth to her second child, that where her mother became ill and was unable to look after the children, DeSilva took her job. She also began volunteering again, but this time it would take her down a path she never expected.

"You never know where destiny will take you," she said.

After reading an article about tea in the *Windsor Star*, DeSilva, who was a board member at the Cambridge Fire Hall Museum, decided that the charitable museum endeavor was getting old. Instead, she put on a very successful tea party fundraiser.

To prepare for the event, DeSilva went to a tea shop in Windsor where she was given different teas to sample.

"It's what tea really tastes like," she thought.

Like many people in the corporate world, DeSilva was a coffee lover, and the only tea

she had really loved was the store bought, bagged tea.

But after that day, tea became more than just a love. It became a way to reconnect with her children on the table every day after school. And it became her passion.

Every two weeks she would go back to the tea shop in Windsor to try more tea and learn more about it.

DeSilva, who was on the board of directors at the Cambridge Farmer's Market, set up a stall where she began by selling 20 tea blends.

Today, not only does DeSilva still have her stall at the market, but she is the owner of the Red Teapot, a family-run tea studio on King Street in Cambridge.

"We pride ourselves on trying new blends all the time," said DeSilva, who creates her own teas along with help from other local blends.

Currently, the Red Teapot has about 140 different teas, many of which are blended for specific health needs such as stomach problems, sleep problems, stress, cold and flu and anxiety.

"We blend from a health perspective, but our focus is making more our taste buds sing."

DeSilva also custom blends teas for her customers, who also give her ideas from "I think that is what makes me unique from the buyer about what are preferred," she said.

And from her customers, DeSilva has learned not to



Photo by CALEIGH MCLELLAND

Red Teapot owner, Natasha DeSilva, pours a cup of her studio's signature "Cambridge" tea from the recently named "Red Teapot" tea collection at her downtown Preston stall on Jan. 27.

make assumptions about who tea drinkers are.

"We have customers as young as 10," she said.

But no matter the age, DeSilva loves to educate people about tea. "Who is very knowledgeable," and new customer and first-time tea drinker, Steve Elton.

DeSilva began by taking courses in the U.S. She is also a member of the Specialty Tea Institute as well as the Tea Masters Association, where

by continuing to educate herself about knowledge of tea, she is working toward becoming a tea master.

"I want people to think of us for quality and education as well as for being fresh and local," DeSilva said.

"I love supporting local businesses," she added.

The Red Teapot has teamed up with Barrie's Applegate Farm and Country Market to create a dehydrated organic tea, for example

Next up, DeSilva, dreams of travelling in China to expand her knowledge of tea, so she can better educate her loyal customers who inspire her to constantly try new blends.

DeSilva never expected such a following, or that her business would take off like it has.

"If somebody wants to tell me I'd end up here, I wouldn't have believed them as a million years," she said.



Red is a lucky color in the Chinese culture, and represents prosperity — one of DeSilva's reasons behind the name "Red Teapot."



DeSilva loves to team up with local businesses to create unique products such as tea-infused chocolate. Her teas are also sold locally at Tiny Cities in Galt, Cambridge Acres and David's Gourmet.



# Frost Week has some laughs

## Three comedians have the crowd roaring in Sanctuary

### BY MARK FERGUSON

Frost Week is the state of grace in restaurant and all-around violence with some laughs, drinks and free food. It is the winter counterpart of Fresh Week.

Comedians Students Inc. held the event from Jan. 14 to 15 to ease everyone back into the winter of things.

The week kicked off with a movie marathon in the Sanctuary on Jan. 14 which showcased comedy classics such as *Waggy Gilleweed and Dads*, *Where's My Car?*

Students who stuck around long enough were able to enter a raffle for a movie prize

package. It included tickets for Fresh Week.

Jan. 15 was the clear highlight of the week as the Sanctuary was packed with students to watch the Comedy Showcase. The five stand-up comedians who held the crowd laughing at everything from "comedy gardening songs" to "lovers of vomit on a Gretna."

There were also the very comic jokes about the male anatomy. All seemed to be crowd pleasers.

All three comedians have performed at either York Yoke, Just for Laughs, or both, as well as other venues. Karen O'Keefe hosted the show, pro-

ving the other comedians, Don Farn and Robin Robin Sage, brief introductions as well as performing her own stand-up routine.

Robin Sage was a last-minute addition as Graham Chisholm was originally supposed to perform, but had to cancel due to a job offer from MTV.

Karen O'Keefe, of Kingston, came to the school with his friend just to see the show.

"It was awesome. It was to see some good comedy acts. None of them looked" Bennett said.

The Sanctuary was selling their 10-hour beer, which

helped loosen up the crowd in the latter part of the show. Some students became jokes themselves as the comedians made their witty remarks, but it was all in good fun.

Lesley Niles, program and communications coordinator for CSI, said the Comedy Showcase was a huge hit.

"The comedians went for an extra 10 minutes. They said they were feeling a great energy from the crowd and just kept going," Niles said.

To give exposure to the CSI, CSI held a raffle for an X Box 360 there on Jan. 14. Niles said the students need to be made aware that the CSI is a

great place to hang out at.

On Jan. 17 CSI's first parties happened at the Sanctuary, which seemed to attract even more people than ever. There were lounge tables and they managed to drink out several large moving trays of games like table tennis and pool.

Niles said the week went really well and that she thought everyone enjoyed themselves.

"It was a great week," Niles said, adding CSI has more events planned in the coming weeks. "We have stuff planned every Tuesday at the Sanctuary for people to check out."



PHOTO BY MARK FERGUSON

Don Farn performs as he wears a dose of words during, toward his first, at the Comedy Showcase in the Sanctuary on Jan. 15.

## Don't be a test subject

I was fairly certain that people had taken modifying foods too far when I first heard about the Gargyle, an apple designed to taste like a grape. However, after reading an article on *AquaAdvantage* and then *AquaAdvantage* salmon, I knew people and especially supervisors, have gone too far. *AquaAdvantage* Technology is an American company, yet they hold operations here in Canada specifically in Prince Edward Island. The are currently testing personnel from the U.S. Food and Drug Administration for a genetically modified salmon, and if they receive it, they will be the first citizen to consume it. This is a potentially dangerous and potentially modified salmon as our dinner plates.

*AquaAdvantage* salmon are Atlantic salmon which contain a growth hormone gene that allows them to grow quicker and pack all more pounds than their natural counterparts. The company has managed to create this fraudulent by splicing genes from a Chinook salmon and adding DNA from another fish known as an ocean pout.

Now you may say to yourself, well, that's not so bad, at least they are only using genes from other fish, but the simple



Ryan Goodspeed  
Opinion

nature of the fish as it's put out natural, I will admit that in McDonald's Big Mac isn't natural either, but I would still rather avoid them. I'll quarter potatoes with cheese and fish oil it off with a bag of paco.

MSD says every company selling something that has had its DNA genetically modified. I understand that we live in a society where bigger, better and faster are what's needed, but once when did letting an animal gene to naturally the natural way become a problem?

What's next, well, that's really to get the scientist to come out of the womb? This has needs to be done somewhere. There's a whole array of unforeseen problems that could arise if this fish is approved. For example, if these Franken fish were to somehow get out into the wild on purpose they could become a serious problem. These genetically modified salmon would become a sort of salmon, another species, com-

paring and eventually destroying wild salmon.

Do I even need to get into the fact of what the long term effects of this could be to humans? We simply do not know what effect genetically modified food, specifically sea foods, has on people because it has not been around long enough, and certainly hasn't been tested long enough. We could find out years from now that this food causes us to be linked to various health complications.

I understand that I could be wrong and this salmon could be a massive breakthrough in food that, the fact that we don't know the long-term side effects scares me. The general population should not allow these salmon to be grown here.

Let's keep our food natural, as, as natural as we can get these days. We already pump our crops with multitudes of pesticides and support who knows what chemicals and procedures with every bite of fast food we take. At the very least let's let our animals grow at a natural healthy speed. I would rather eat a salmon that's slightly smaller than one I understand that has been good together using different species.

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### COUNSELLOR'S CORNER: Problem Gambling

Internet, casinos, video lottery terminals, Proline, lottery tickets: the opportunities to gamble are everywhere. For many it feels like a harmless means of entertainment, but gambling becomes a problem when the behaviour begins to interfere with your family, personal or school life.

Gamblers Anonymous has a list of twenty questions to determine how gambling is affecting you. For example, how often do you go back to try to recuperate what you lost the day before? Have you claimed to win money that you really lost? Do you ever hide betting slips or lottery tickets from your family? After winning, do you have a strong urge to return and win more? These are just some indications that gambling is a problem in your life.

If you are worried that your level of gambling is no longer fun and you need help to stop, talk to a counsellor. Special community programs for people with gambling problems as well as self-help groups are available in our area. Like other addictions, problem gambling can destroy your life. Sadly, that's one thing you can bet on.

A Message from Counselling Services

## Creative chaos takes over THEMUSEUM

BY GRADY HEALIN

On Dec. 19, THEMUSEUM held its annual edition of The Brush Off, a live painting event.

Artists whose artwork painted alongside for prizes while art enthusiasts watched.

The day of the event THEMUSEUM on King Street in Kitchener was crowded. There were cameras flashing and voices being recorded during each round of the four-round competition.

The first round consisted of 11 artists being divided into two groups of which the winners of the round went on to round two, which featured the top 10 artists. Winners from round two proceeded to round three where the top six were left and the final round featured the top three artists.

Each 10-minute round had different rules. In round one artists could create whatever they wanted. Round two had a theme, which was light and dark was round three's theme. The final round was also an open category.

Rather than have official judges the contest was judged by the audience.

"Each round the audience voted for which artwork they like the best. The spectators became the judges. It was important that people go from artist to artist before making a final decision," said Lauren McKelvie, one of the event planners.

After each round, the art

pieces were put in a silent auction and afterwards could be seen throughout the night.

McKelvie and the proceeds from The Brush Off go not only to THEMUSEUM but to the artists who participated in the event as well. The artists also benefited from self-promotion.

"Artists could use the event as an opportunity for networking and showcasing their existing work as well as their new work. They could make connections to dress up further business for themselves," McKelvie said.

Contented Ivan Skocic said, "I spent years living in Spain and going to create murals in The Brush Off, except they were outdoor. Since living in Canada, I've been looking for an event and I found The Brush Off."

Skocic said he enjoys the combination of an art event and art a painter.

Another contestant, Chris Austin said it was relaxing, enjoyable and a competition such as The Brush Off.

Content participant James Hye said, "The creative challenge. You never know what can happen when you have 10 minutes to make a piece of art with crowds of people watching you."

Skocic, who had to paint four paintings in four hours, was crowned the winner, beating last year's champion Meredith Blackmore.



PHOTO BY GRADY HEALIN

Brush Off contestant, Ivan Skocic, creates his final painting to crown him of the competition on Dec. 19 at THEMUSEUM.

## SPCA and humane society hold National Cupcake Day fundraiser

BY SHARON LAWRENCE

Helping save the lives of orphaned and abandoned animals has never been sweeter. For the first time ever in Ontario, the Society for the Prevention of Cruelty to Animals (SPCA) and the Kitchener-Waterloo Humane Society will be holding National Cupcake Day on Feb. 15. They are inviting everyone to bake a batch, from a recipe made and collected online all in support of SPCA and humane societies across Canada.

All funds raised in the area will go with the K-W and North Waterloo humane societies.

This tasty fundraiser, which is similar to a pledge event, is designed to help raise much-needed money for all types of animals, from kittens to dogs that have been abandoned, abused or just need help.

"This is really a fun, grassroots way to help fight animal cruelty and make a difference," said Marni Kishner, director of community and donor development for the Ontario SPCA in a press release.

"Everyone loves cupcakes, and they taste even sweeter when you know it's for a good cause."



Photo by Sharon Lawrence

Brown, an animal care worker, adoption staff, at the Kitchener-Waterloo Humane Society on Jan. 20. Fancy is just waiting to find a new family and home.

Kids and every donation can make a difference in the lives of animals, from a \$50 contribution for a cat's health needs to a \$100,000 development, to a \$1000 adoption and continuing support procedure which helps get them on the road to adoption into their new forever home.

Margaret Brown, the development director at the Kitchener-Waterloo Humane Society, said

she is proud of all the work done at this location.

"We all go above and beyond to take care of animals," she said.

The K-W Humane Society, which is the fourth largest in Ontario, took in 1,500 animals, 3,500 adoptions and had a 70-80 per cent adoption success rate last year.

"Our goal is to have 80 per cent adoption success, whether it is finding the original owners of an animal, or finding them a new forever home."

According to Brown, the new staff Kelly Thompson, animal care manager, to thank for a great deal of the success and devotion at this location. The team led by Thompson, went into action last June when they came across a possible animal hoarder of pigweeds, a non-friendly but highly intelligent, as some of the animals at the facility.

To prevent spreading, Thompson visited two breeders and one for adoption. The piglets cost a total of \$100,000 but it was a success.

"We are amazing," Brown said of Thompson. "A total animal care person."

To register or for further information about National Cupcake Day, visit [www.nationalcupcakeday.ca](http://www.nationalcupcakeday.ca).

## CALL FOR NOMINATIONS for the AUDREY HAGAN DISTINGUISHED TEACHER AWARD

### Would You Like To Nominate A Distinguished Teacher?

Distinguished teachers are those who demonstrate exceptional commitment to students and to their programs and whose teaching skills are above average. They also demonstrate leadership in their schools and/or the college and in related work with their professional in the community.

For more information about the Award and how to complete a nomination form, go to [www.collegecanada.ca/collegesanduniversitycentres/awards.asp](http://www.collegecanada.ca/collegesanduniversitycentres/awards.asp) or contact one of the following nominator members:

- Andrea Goodridge (School of Trades & Apprenticeship) x 3300
- Jim Galsworthy (School of Engineering & IT) x 4055
- Ig Schneider (School of Engineering & IT) x 3290
- Mary Carley (School of Health & Life Sciences & Community Services) x 3052
- Kathleen Cooper (School of Media & Design) x 3047
- Steve Rogers (School of Business & Hospitality) x 3427
- Jeff Fife (Professional Development) x 3301

Nominations close on March 15, 2013



G. Al Lopez displayed the qualities of warmth and caring both at Conestoga College and in the community. His work at the College included Managing Counselling and Health Services, Library and Instructional Resources, founded the Job Readiness Training Program and chaired the Educational Awards Committee. He was very active in the local community and led workshops, as well as individual and family counselling.

For the recipient of this award, it is a real honour to have these qualities recognized by friends and family.

### G. Al Lopez Memorial Award

- is given to a student who displays warmth and regardfulness in caring for and enriching the lives of a student or group of students, has demonstrated a warm and caring attitude
- has demonstrated initiative and leadership
- has been available to help and support other students (other than paid positions)
- has a sense of humour

### Submission Guidelines

- anyone from Conestoga may nominate a student for this award
- Find the Nomination Form on the website under Financial Aid and Awards and provide a detailed explanation including specific examples for how your candidate meets the above noted criteria

Please complete the nomination form and deliver to Julie Peterson, Student Life Department, Osoot Campus, 24331-2

Nomination Deadline: January 15, 2013



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# When you fret the frost, you forget the fun

BY KIM MANUEL

Although it wasn't snowy outside on Jan. 19 the water blue was not missing at a Fergus museum Waterfest.

The second annual event is one of several held at the Wellington County Museum and Archives throughout the year. The three day long event ran from Jan. 19 to 21 and reminded folks of the joy that used to be associated with the cold season.

And as the day went on, those few real snowflakes landed in the path of the museum's driveway.

However the sunnier skies, too we get to experience living in Canada are becoming more difficult to enjoy. As soon as the sun, snowflakes hardly stick to the ground for more than a few days, and Christmas are coming from who knows where.

"We tend to complain about winter but we forget that it's unique," said Beth Dyer. "It's just nice to celebrate winter."

Dyer has been the museum assistant programmer for about four and a half years. She introduced people along with Don Hosking, a volunteer, to two miniature ponies. Thoroughbred Baron and his mother Partoncock's Barb Dyer and Hosking were quite content guarding the

day celebrating the sale and profit from animals in making visitors who curiously made their way to the stable.

The event started off quietly, with only a few families showing up. Unfortunately, snowing and snowing had also cancelled due to a lack of snow. Instead, outdoor activities such as snow play, frozen golf and an outdoor scavenger hunt took place.

"The weather really plays a key role in whether people come, especially to an event that has an outdoor component," said museum program manager Kathy Walker.

There were also indoor arts and crafts and exhibits throughout the museum.

And celebrating her time to share some joy, Betty Knapp had brown bags full of treats from a popcorn machine and steaming cups of hot chocolate to warm chilly guests.

Waterfest was created so families could spend time together without the stress of modern technology.

Dyer said, "We try to keep the focus things that people don't experience anymore."

"Nowadays, we might sit inside and have all the electronics and things, but for years people went out and even though they went out and had fun, they enjoyed the outdoors. So the kind of fun to have that was gone."



PHOTO BY KIM MANUEL

Volunteer Don Hosking breeds miniature pony Sutherland while visiting visitors to Waterfest.



PHOTO BY KIM MANUEL

Don Hosking (right) breeds miniature pony Sutherland (left) with sister Mary and Matthew Hosking. The second annual event took place at Fergus's Wellington County Museum and Archives from Jan. 19 to 21.

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